

November Menu - Urbana 50+ Adult Community Center

301-600-7020

UrbanaSeniorCenter@FrederickCountyMD.gov

www.FrederickCountyMD.gov/seniorservices

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>
<p>Lunch is served at Noon. Reservations must be made at least 48 hours in advance. \$5.00 per person per meal. Milk, juice & bread are offered each meal. Menus are subject to change.</p>			
4 Pork BBQ Mixed Bean Creole Coleslaw Apricot Halves	5 Chicken Cacciatore Brown Rice Pilaf Pepper & Onion Blend Diced Peaches Dinner: Supper Club	6 Herbed Roast Beef Au Gratin Potatoes Wax Bean/Green Bean Blend Tropical Fruit	7 Tomato Soup Old Bay Chicken Breast Sandwich Pepper Slaw Sliced Apples
11 Center is Closed Senior Services Division Offices and 50+ Community Centers are Closed	12 Roast Pork Loin Braised Red Cabbage Scalloped Potatoes Fruit Dinner: Hot Dogs	13 Sub Day Sign-up by Nov. 5 Roast Beef Subs Potato Salad Coleslaw Fruit Cocktail	14 Lunch with Nurse Steve Sign-up by Nov. 6 Home-style Meatloaf Mashed Potatoes Peas & Pearl Onions Diced Peaches
18 Ham, Green Bean & Potato Casserole Chickpea Barley Salad Applesauce	19 Beef Pot Roast Stew-cut Vegetables Mashed Potatoes Mandarin Oranges Dinner: Fried Chicken	20 BBQ Chicken Sandwich Homemade Cole Slaw Black Eyed Peas Hot Baked Apple Slices	21 Baked Potato Bar Sign-up by Nov. 13 Baked Potato Spinach Salad Grape Tomatoes Chili con Carne Applesauce
25 Hearty Beef Stew Spinach Salad Corn Muffin Cinnamon Apples	26 Thanksgiving Lunch Sign-up by Nov. 18 Roasted Turkey Breast Bread Stuffing Sauerkraut, Mashed Potatoes Green Beans Cranberry Sauce, Fruit Cocktail Pie Dinner: Pizza	27 Roasted Pork Loin Tomato Basil Salad Dilled Baby Carrots Au Gratin Potatoes Sliced Apple Snack	28 Center is Closed Senior Services Division Offices and 50+ Community Centers are Closed

Urbana 50+ Adult Community Center

Congregate Meals Information

Dates and Times

Monday-Thursday (excluding holidays)

Meals served at Noon

Reservations/Cancellations

Reservations must be made at least 48 business hours in advance. Cancellations may be made up to 24 hours in advance. Register at the Center or call 301-600-7020.

Cost

The current cost is approximately \$5 per participant per meal. The Senior Services Division must pay for every meal that has been reserved. All meal participants under the age of 60 must pay the full price. Seniors who are 60 years old or older are encouraged to donate as much as they are able up to the full cost of the meal.

A donation is expected to cover the full cost of any meal that is reserved and is not cancelled in advance.

Payment

Checks should be made payable to "Frederick County". Cash is also accepted but it must be for the exact amount; staff members are not permitted to make change.

Menus

Menus are published monthly. They are available the last week of the previous month. They are also published online at www.FrederickCountyMD.gov/seniorservices

The menus are subject to change.

Transportation: Monday, Wednesday, Thursday

Seniors needing transportation to the Urbana 50+ Adult Community Center for the meal program must call the Center at least 48 hours in advance 301-600-7020. Seniors will be picked up at their homes between 9:30 and 10:30 am. They will be returned to their homes between 1:30 pm and 2:15 pm. Seniors will be given a more accurate pick-up time once routes and number of passengers is established. The cost for transportation is \$2 per round trip. Transportation is limited to the immediate area and staff availability.

Inclement Weather

If Frederick County Schools are closed due to inclement weather, the congregate meal, the transportation program, and the Home Delivered Meals for that day will be canceled.